

# WIC Breastfeeding Support

## **Waukesha County Breastfeeding Peer Counselors:**

**Contact us at 262-896-8440**

The Waukesha County WIC program has two Breastfeeding Peer Counselors on staff to support, encourage and problem solve with you to make your breastfeeding experience a success. They will contact you at least once during your pregnancy and checking in with you after the baby is born. Please feel free to contact them also with any questions or concerns regarding any aspect of breastfeeding.

## Breastfeeding Resources:

### **Centers for Disease Control and Prevention Breastfeeding Page**

<http://www.cdc.gov/breastfeeding/index.htm>

### **Women's Health.gov**

<http://www.womenshealth.gov/Breastfeeding/index.cfm?page=227>

### **La Leche League**

<http://www.llli.org/>

### **American Academy of Pediatrics Breastfeeding Information**

<http://www.aap.org/breastfeeding/>

### **World Health Organization (WHO) Breastfeeding Information**

<http://www.who.int/topics/breastfeeding/en/>

### **Your Guide to Breastfeeding Publication-U.S. Department of Health and Human Services**

<http://www.womenshealth.gov/pub/BF.General.pdf>